



## Y For Life Registration form

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone number: \_\_\_\_\_

E-mail: \_\_\_\_\_

T-shirt size: S M L XL XXL (Please circle one)

### IMPORTANT!

Please mark the following for preferences.

Do realize that I try my best but will look at the majority of preferences.

My goal is to have lunch and evening sessions.

Nutrition session: Lunch          Evening

Speaker schedule: Lunch          Evening

\*Three personal training sessions are scheduled at your convenience and our availability.

\*Weekly weigh in at your convenience (once you start it should be the same day and time each week if at all possible)

\*Body fat and measurements at your convenience and our availability.

Thank you!